

## **LIFEGUARD TRAINING**

(15 years and older)

The American Red Cross lifeguard training is a professional, state of the art course that leads to the certification in life guarding, CPR and First aid. Lifeguarding certification is great to have and can lead to many job opportunities. Must be at least 15 years old and pass a pre-course swim test to take this course. The 30-hour course is scheduled to begin in April. If you are interested in this course, please call Kimberly at 235-8395 to be put on our interested list.

## **ADAPTED AQUATICS**

(All Ages)

This is a one-on-one 30 minute class where teaching techniques and skills are adapted to accommodate individuals with disabilities or others who have special needs for swimming instruction. Classes are available on a limited schedule. A medical history form and written permission from doctor is required. Parents consultation with instructor will be required for all minors. Please register by calling Kimberly at 235-8395.